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and to teach. When we have done this we can hope to attain the height of our ambition in this calling.

There is no one who can more effectively teach than a nurse. Her example will be imitated by those into whose society she is thrown. Therefore it behooves us to thoroughly prepare ourselves to make the best teachers possible.

It is the woman who thinks, the woman whose foundation is that of a student, that the nursing profession wants. Not until our training-schools are filled with such women can we ever hope to reach the true merit that this work is rightfully entitled to have. "Out on the intellectual sea there is room for every sail; in the intellectual air there is space for every wing."

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## WHAT MANNER OF WOMEN OUGHT NURSES TO BE?

BY MARY AGNES SNIVELY

Superintendent Training-School, Toronto General Hospital

WHEN the invitation from your principal and Committee of Arrangements reached me a fortnight ago, I was glad to have such conclusive evidence that though commercial reciprocity between the United States and Canada had not yet been wholly established, the reciprocal relations existing between nurses in the country which I have the honor to represent and those in this great Republic leave nothing to be desired.

I did not feel at liberty to decline the service to which I had been invited, because of my deep interest in my fellow-nurses and in the cause they represent.

I am here to-day as one of the pioneers, to extend to the Class of 1904—these new-century nurses—the right hand of fellowship, and to bid you, "God-speed."

To one who is privileged to look backward over the retrospect of more than twenty years of service, and who has kept actively in touch with the workers—in fact, has shared with earnest sympathy and coöperation the labors of all who have endeavored to promote the cause of higher education—*i.e.*, education in its broadest sense—among nurses, the future, the near future, is full of hope and promise. It is yours to be dedicated to the work which others thus far have nobly advanced.

What will be accomplished in this new century will depend quite as much upon what nurses *are* individually as upon what they *do*.

\* Read at the graduating exercises of the Lakeside Hospital, Cleveland, O.

Consequently, while many lines of thought present themselves as worthy of careful consideration on this day of days in your professional career, it may not be wholly without profit that the few moments allotted to this address be spent in seeking an answer to the questions: What manner of women ought nurses to be, and by what means may they hope to attain more nearly to all that is desirable and ideal, not only in the profession which they have chosen, but in life itself?

I ask the question, What manner of women ought nurses to be? because it seems to me the great question of the moment; because the longer I remain with nurses, I realize with ever-deepening conviction that it is the woman herself that is the all-important factor in the making of the nurse.

I mention this that you may awaken to the consciousness of your importance as individuals, and that you may remember those beautiful words of Matthew Arnold's in which he tells us that "The true end and aim of life is the endless expansion of its powers in endless growth and wisdom and beauty—not a having and a resting, but a growing and becoming."

As the years pass, you will realize more and more your indebtedness to your principal and to the school whose diploma you hold, and with this realization should also come the sense of added responsibility, for "To whom much is given, of them also shall much be required."

It is your privilege and duty to add to the prestige and honor of your Alma Mater.

This brings us naturally to consider that the ceremonies of to-day mark, to some extent at least, the beginning rather than the end of your work.

And just here allow me to congratulate you upon your choice of work. It is the noblest, most womanly, most *Christ*-like, of all the avocations open to women.

In contemplating the thought of the nobleness of the special work or service for which you have been trained, it is well to consider that mere work, however beneficent, cannot be depended upon to produce nobility of character, irrespective of the principles or motives which govern the life.

Channing tells us that "In any occupation, be it what it may, in which a man does work faithfully, honestly, for the sake of justice, he is continually building up in himself one of the greatest principles of morality and religion, because duty faithfully performed opens the mind to truth, both being of one family, alike immutable, universal, everlasting.

"All labor therefore is a school of benevolence, because in support-

ing oneself one also serves others. This thought of usefulness ought to enter into one's thoughts, then would the commonest pursuit be dignified by such a motive.

“‘Seest thou a man diligent in his business? he shall stand before kings; he shall not stand before mean men.’—Proverbs xxii. 29.”

In order that we may comprehend more fully the processes by which the daily experiences and avocations of life become instrumental in the unfolding and ripening of our natures, I ask you to cast your thoughts back to that period in your life when the purpose or determination was formed that you would become a nurse. Following that decision came your entrance upon the daily hospital service, where you have learned, more or less perfectly, the best and latest methods of dealing with those who are suffering from disease or injury. In addition to this knowledge, you have also learned something of the value of time, of order, of method and discipline. You have, let us hope, at the same time become patient where once you were irritable, you have become self-controlled, unselfish, gentle, compassionate, brave, capable—in fact, you have risen from the period of irresponsible girlhood to that of womanhood. The talents you possessed on entering have increased ten, yea, twenty fold.

To the superficial observer you have only been engaged in making beds, bearing the numberless annoyances which sickness entails, and attending to the hundreds of petty duties which go to make up the thrice three hundred and sixty-five days allotted to your training. Nevertheless, consciously or otherwise, you have been engaged in a much grander, nobler, and more lasting work, viz., that of the formation of character. That you are more kind, considerate, intelligent, capable to-day than you were three years ago proves this, and this result dates back to that hour in your life when the decision, “I will be a nurse,” was reached.

The continuation of this process of development, the unfolding and ennobling of life, is not a dream, it is a reality. It is possible for each of you—in fact, it is the end for which we were created. The only being who has the power to prevent this consummation is yourself. It would seem, therefore, that the first step requisite to the development of the moral, as in the physical and mental nature, consists in the solemn, deliberate determination to make the most and best of the powers God has given us.

“A vigorous purpose,” we are told, “makes much out of little, breathes power into weak instruments, disarms difficulties, and even turns them into helps. Therefore he who deliberately adopts a great purpose has by this act half accomplished it, has scaled the chief barrier to success.”

The greatest man is he who chooses the right with invincible resolution, who resists the sorest temptations from within and without, who bears the heaviest burdens cheerfully, who is calmest in storms and fearless under menace and frowns, whose reliance on truth, on virtue, on God is most unfaltering.

And, further, we possess the power not only of making decisions, but of watching the growth of our faculties, and of applying to them the means and influences to aid their growth.

To have all the beautiful, noble, helpful qualities which go to make up the ideal woman fitted into our characters can only be accomplished, it is needless to say, by ceaseless practice.

Does this discourage you? It should not. What makes a woman a good nurse? Practice. What makes a woman a good woman? Practice. "What was *Christ* doing in the carpenter's shop?" asks Drummond. "Practising." "Though He was perfect, He learned obedience. He increased in wisdom, and in favor with God and man." Life is not a holiday, it is an education. The world is not a playground, it is a school-room, and character develops in the stream of the world's life.

"Do not quarrel, therefore, with your lot in life. Do not complain of its never-ceasing cares, its petty environment, the vexations you have to stand, the small and sordid souls you have to live and work with. Above all, do not resent temptation; do not be perplexed because it seems to thicken around you. This is the practice which God appoints you; and it is having its work in making you patient and humble and generous, and unselfish and kind and courteous."

There is a great deal in the world that is delightful and beautiful, there is a great deal that is great and engrossing, but it will not last. Let us therefore address ourselves, at any cost, to the cultivation of the only thing which *will* last—the only thing which, when all else drops from our grasp, we will carry with us into the beyond. The foundations are already laid in our nature; in each of us there are promises of a growth to which no limitation can be set. Therefore, "Whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, *think on these things.*"

This injunction was given us by the great Apostle because "As a man thinks, so he is"—the thought determines the type. Tell me what you think most about, and I will define your character.

"What a man thinks, he is,  
Then let thy thought be thoughts of bliss,  
Of heart-hued love, and snow-white purity,  
Of heaven and heavenly light,  
Of all things high and bright,—  
So bright, high, pure, and lovely shalt thou be."

“The evening air clad in the beauty of a thousand stars is not lovelier than the character of him whose whole being is passed in the region of eternal realities; who knows the awful reverence which is due from every man to his own soul; who loveth the thing that is just, and doeth the thing that is lawful and right, in singleness of heart; who keeps the temple of his soul pure and bright with the presence of the Holy One; who loves all that is beautiful in nature and art; who hates what is ignoble, and loves his neighbor as himself.”

The chief aim of life, therefore, is not happiness, but service. “God doth with men as they with torches do, not light them for themselves.” And that was a wise man who said: “I shall pass through this world but once; any good thing, therefore, that I can do, or any kindness that I can show, to any human being, let me do it now. Let me not defer or neglect it, for I shall not pass this way again.”

“God gives each man one life, like a lamp; then gives that lamp due measure of oil; lamp lighted—hold high, wave wide, its comfort for others to share.”

Life would be utterly different, if men would make it different; unutterably more blessed, if men sought or cared for the elements of blessedness. Oh, that men would be true men, and that women would be the holy and gracious things which God meant women to be!

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## CUBA: A SKETCH

By M. EUGÉNIE HIBBARD

(Continued from page 702.)

IN July of 1900 the Department of Charities was organized and placed under the direction of Major Edwin St. J. Greble. It included the management of hospitals, asylums for the orphans, aged, and insane, dispensaries for the poor, reform schools and industrial schools for boys and girls, and emergency and leper hospitals.

The condition of these institutions required extensive reestablishment, renovations, and reorganization. They were practically without funds and required immediate attention. The hospitals were without proper attendance, as the sisters of the various religious orders were returning to Spain. The order of “*Hermanas de los Pobres y Ancianos*” (Sisters of the Poor and Aged) remained and continued their good work. The flight of the Spanish sisters necessitated the engagement of American nurses in the capacity of inspectors of hospitals, superin-